

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

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"We Know Health Matters",
CHD's show on Citicable,
Time Warner Ch. 23.

Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to share in the newsletter please send information to Marla Fuller at marla.fuller@cincinnati-oh.gov

CHD= Cincinnati Health Department

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Back to School, Back to the Doctor

No matter what grade your child is about to enter, there's the yearly back-to-school checklist of to-dos.



As children return to school, it's important that all students are up to date on all their immunizations for vaccine-preventable diseases, such as measles, mumps and pertussis. What better time for parents to ensure that their children's – and their own – immunizations are up to date, before children and germs gather in the classroom.

Vaccines are the most effective means of protecting children from potentially serious infectious diseases and stopping their spread. Outbreaks of vaccine-preventable diseases once thought to be well controlled are still occurring in this country today.

While it may not seem as urgent, a yearly physical exam by your family's pediatrician is an important part of your child's health care.

Your Family-Centered Medical Home

The Cincinnati Health Department advocates that every child and youth receive care through a ***family-centered medical home***. Within the medical home, care is provided continuously over a long period of time so that as a child ages and develops, his or her care is never interrupted.

The continuity of regular physical exams is invaluable. Having a long-term history with a child or adolescent gives the doctor the awareness of the child's progress and development over time. This helps the doctor detect emerging problems, as well as being informed by the detail of the patient's history, such as important past illnesses or injuries the child may forget to mention on the sports physical questionnaire.

Adolescence, for example, is a time when vital changes are taking place. It is important to have your child see the pediatrician during the transition years from later childhood to puberty.

The annual pediatric exam also offers the doctor time to provide wellness guidance and advice. In addition to monitoring heart and blood pressure and testing for diabetes, pediatricians can use this annual visit with your child to discuss diet, exercise options, pediatric vision screenings, and testing for cholesterol and anemia.

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What is Public Health?

The three core functions of public health are assessment, assurance and policy development. Public health monitors and measures the health of the community then conducts investigations of health concerns. Based on this work, public health informs and educates the community on what changes will impact health and assists in planning and developing solutions. The health improvement work is accomplished together with community members, universities and hospitals, community partners, other city departments and sometimes other health departments.

The Cincinnati Health Department's current concerns focus on access to health care, infant mortality, healthy and successful students, emergency/ disaster preparedness, communicable disease monitoring, safe and healthy housing, food protection, environmental safety, safe and walkable communities, clean air, access to nutritious foods, health assessments, and the opioid epidemic.

The work has changed over the years based on control of diseases, innovations in healthcare, and environmental improvements. The innovations – for example, new immunizations, antibiotics, insulin - and the improvements - cleaner water, lead-safe housing, solid waste management - are part of how we have reduced risks to protect health. The work now includes health behavior improvements (healthy eating and active living) and chronic disease management as an important part of the work.

Preventing Dog Bites



The majority of animal bites in the US are from household pets, with most being inflicted by dogs. Most animal bites reported to the county health officer involve dogs. There are more than 60 million pet dogs in the US: half of all bites are inflicted by the family dog.

Dog bites are a serious public health problem that inflicts considerable physical and emotional damage on victims. The insurance industry estimates it pays more than \$1 billion a year in homeowners' liability claims resulting from dog bites. Hospital expenses for dog bite-related emergency visits are estimated at \$100 million.

Dogs have shared their lives with human for more than 12,000 years; that coexistence has contributed substantially to humans' quality of life. Dog bites are a largely preventable public health problem, and adults and children can learn to reduce their chances of being bitten.

Pets can be a lot of fun for the whole family and provide many benefits. However, it is important to stay safe around dogs and remember that, in certain situations, any dog may bite. Even the cuddliest, fuzziest, sweetest pup can bite if provoked. Most people are bitten by their own dog or one they know. Some owners actually promote aggression in their dogs or allow aggression to go unchecked.

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Events & Shout Outs!



National Health Center Week—August 12—18

30th Midwest Regional Black Family Reunion—August 17-19, Sawyer Point Park and Yeatman's Cove

Men's Health Back to School (Health Fair) (HBP/Diabetes - Healthy Eating Session 2) - August 11

Creating Health Communities Coalition—August 8 10: a.m.—Noon

Congratulations Retirees!

CHD is delighted and disheartened to announce the retirement of the following employees:

- **Linda Penn, Medical Assistant, WIC — 27 years**



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Examining the Young Athlete

The doctor's annual exam of a young athlete should be similar to one for any other child but most pediatricians will also address some sports-specific issues, including injuries, nutrition, training and exercise programs, and even attitudes in the course of the exam.

The other side of the exercise issue is the student athlete who is already involved in an exercise and training program. Overuse and overtraining injuries continue to be huge problems.

The Need for a Thorough Physical Exam (*beyond a sports-specific exam*)

Back-to-school check-ups, as they are commonly called, are often the only visit most kids and teenagers have with their pediatrician every year. The annual physical gives the pediatrician a chance to give the child a thorough physical exam and address any emotional, developmental, or social concerns. It is also a good chance to address important questions, especially with teenagers, including adolescent issues of drinking, smoking, drugs, sexual activity, and depression.

Children involved in school athletic programs often receive a sports-specific exam through the school. The timeframe for getting this exam should be at least 6 weeks prior to the start of the sport's season. This allows ample time to work up any new health concerns or rehab any lingering injuries before the season starts, without delaying clearance of the athlete. However, school sports physicals alone tend not to address the child's overall health.

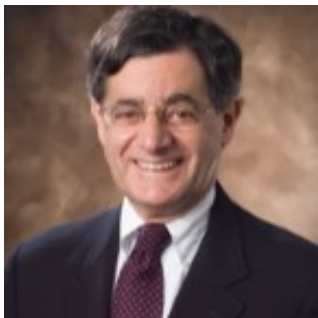


Getting the Balance Right

A healthy childhood and adolescence calls for balancing home life, school, social activities, sports, and extra-curricular pursuits. This is not easy, especially during a time when the child is passing through the years of growth, learning, exploration, and emotional and physical development. This is all the more reason to set aside one day during each of those years for your child to see the pediatrician.

To schedule an appointment for you and your family please contact the Cincinnati Health Department at (513) 357-7200.

A Message from the Board of Health



Phil Lichtenstien, MD
Chair, Board of Health

In April of 2018, the Board of Health voted unanimously to appoint Ms. Melba R. Moore, MS, CPHA, as the new permanent Health Commissioner. She begins her tenure with the Cincinnati Health Department on August 6, 2018. Commissioner Moore has an established reputation for energetic, creative, and dedicated leadership. The Board looks forward to her joining the health department and building on its long and distinguished history of providing high quality health services to the citizens of Cincinnati.

Commissioner Moore has extensive experience in public health, serving as the Commissioner of Health for the City of St. Louis Department of Health for the past 17 years.

During these years, Ms. Moore was successful in developing and implementing health programs for improving outcomes with asthma, obesity, childhood lead poisoning, sexually transmitted infections, environmental health, and violent crime. She additionally secured funding to address cardiovascular disease, youth violence and parent mentoring programs to improve early childhood well-being.



Lead-Free Kids for a Healthy Future



Nearly half a million children living in the United States have elevated blood lead levels that may cause significant damage to their health. Major sources of lead exposure to children in the U.S. include lead-based paint and lead-contaminated dust in deteriorating buildings. Children can also be exposed to lead from additional sources including contaminated drinking water, take-home exposures from a workplace, and lead in soil.

Lead exposure during childhood can lead to a multitude of health issues. Prolonged lead exposure can lead to hearing, speech, and behavior problems, along with slowed growth and damage to the brain and nervous systems. Despite the continued presence of lead in the environment, lead poisoning is entirely preventable. Parents can reduce a child's exposure to lead in many ways.

Here are some simple things you can do to help protect your family:

- Get your home tested. Before you buy a home built before 1978, ask for a lead inspection. The Cincinnati Health Department offers paint chip testing.
- Get your child tested. Even if your young children seem healthy, ask your doctor to test them for lead.
- Get the Facts! We can provide you with helpful information about preventing childhood lead poisoning. Contact: (513) 357-7420 or tinyurl.com/CLOSE-Cincinnati for more information.

To raise awareness of the consequences of lead poisoning among parents and property owners who live in homes built before 1978, the Cincinnati Health Department has developed the Cincinnati Lead Operations for Safe Environments (CLOSE) program. The Cincinnati Health Department received a \$3.4 million dollar grant from the Department of Housing and Urban Development, to create 225 lead safe homes in the City of Cincinnati. If you are a property owner or tenant, your home might be eligible for the CLOSE program. To find out more about the CLOSE program visit tinyurl.com/CLOSE-Cincinnati or call (513) 357-7420.

National Health Center Week

Celebrating Health Centers: Home of America's Health Care Heroes

National Health Center Week (August 12th- 18th) is an annual celebration with the goal of raising awareness about the mission and accomplishments of America's health centers over the past five decades.

Health centers serve 27 million patients a number that continues to grow along with the demand for affordable primary care. In addition to their long history as health care homes to millions, health centers produce innovative solutions to the most pressing health care issues in their communities and reach beyond the walls of conventional medicine to address the social determinants of health affecting special patient populations. Each year we celebrate the work and services health centers provide to special populations within their community on designated days during the week.

This year, CHD along with the National Association of Community Health Centers and the Health Center Advocacy Network invites you to celebrate the incredible health care heroes— individuals who live and breathe the health center mission and exceed the call of duty to support health centers in providing quality health care for patients in the community. Health Centers deliver high quality, cost effective, accessible care to populations that are heavily underserved.

CHD provided essential medical, dental and vision services at our eight primary care health centers. Thank you to all the providers, administrators and support staff that operate the CHD Health Centers! It is because of you that CHD is able to provide quality care and essential health information to our communities.



West Nile Virus Active in Cincinnati

Mosquitoes are common this time of year, but sometimes their bite gives you more than just an itch – a mosquito bite can give you the West Nile virus.

Mosquitoes spread the West Nile virus. They become infected after feeding on birds that carry the virus. When the infected mosquitoes bite a person, the virus is transferred to the human via the insect's saliva.



West Nile outbreaks have occurred every summer in the United States since 1999 and in every state except Hawaii and Alaska.

In July, three pools of mosquitoes trapped in Cincinnati have been found to be infected with the West Nile Virus. To date this year, no residents of Cincinnati have been infected with West Nile Virus. Finding the virus active in local mosquitoes indicates that people in the area are at increased risk of becoming infected with West Nile Virus. The Cincinnati Health Department would like to remind everyone of how they can keep themselves and their families safe from West Nile Virus and other mosquito-borne infections.

However, the virus doesn't make many people sick. The U.S. Centers for Disease Control and Prevention say that 70 percent to 80 percent of people infected with West Nile virus do not develop symptoms.

About one in five infected people will develop a fever with other symptoms such as headache, body aches, joint pain, vomiting, diarrhea, or rash. Symptoms of a West Nile virus illness start to develop between three to 14 days after a mosquito bite. Those people with this type of West Nile virus disease recover completely, but fatigue and weakness can last for weeks or months. In some severe cases, people over the age of 60 are at a higher risk for encephalitis (swelling of the brain). Most people, however, will simply develop immunity to the virus and never develop a West Nile illness.

There are no vaccines or treatment for the virus. You can use over-the-counter pain relievers to reduce fever and relieve some symptoms. Those with milder symptoms typically recover on their own, although some symptoms may last for several weeks. People with more severe symptoms need to be hospitalized to receive supportive treatment such as intravenous fluids and pain medications.

You can reduce your risks of contracting West Nile by protecting yourself from mosquitoes.

- Avoid going outside from dusk until dawn when mosquitoes are most active and many mosquito species like to feed.
- Get rid of standing water around your house or apartment – wet, murky areas are where mosquitoes tend to breed. Buckets, discarded tires, and even bird baths are great places for mosquitoes to lay eggs.
- Wear long-sleeves and long pants if you're going to be outside for an extended period of time. Dusk through dawn is when mosquitoes are most active.
- Use insect repellent that contain DEET, picaridin, IR3535 or products that contain oil of lemon, citronella, eucalyptus and para-menthane-diol. (NOT for children under 3 years of age)
- Install or repair screens on windows and doors or use air conditioning.
- Once per week, empty, scrub, turn over, cover or throw out any items that can hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots or trash containers. Mosquitoes lay eggs near water.

The Technical Unit of the Cincinnati Health Department's Environmental Health Program routinely conducts seasonal surveillance of mosquito pools in Cincinnati through a grant from the Ohio Department of Health. The program runs from June through the end of September each year. In the program, 4-5 traps are placed and monitored daily throughout various Cincinnati neighborhoods, with testing conducted by the Ohio Department of Health Laboratory. Beginning this year, this program can test for Zika Virus in addition to West Nile Virus.

The Communicable Disease Prevention and Control Unit of the Cincinnati Health Department accepts and investigates human cases of West Nile Virus reported by laboratories and healthcare providers. They can be contacted at the Cincinnati Health Department at (513)352-2922.



How can my family and I avoid being bitten?

Be cautious around strange dogs and treat your own pet with respect. Because children are the most frequent victims of dog bites, parents and caregivers should:

- NEVER approach a dog that you don't know
- NEVER leave a baby or small child alone with a dog.
- Be on the look out for potentially dangerous situations.
- Start teaching young children – including toddlers – to be careful around pets.
- Children must be taught NOT to approach strange dogs. Teach children to ask permission from a dog's owner before petting the dog.
- Always monitor children around dogs, even if it

is your own pet or a dog you know. Children are frequently not able to recognize cues from the dog indicating that it's anxious or scared and therefore more likely to bite

- Always keep your dog on a 6-foot leash when taking it for a walk. Maintain control of the dog at all times
- Respect your pet's space. Don't startle them, especially when they're sleeping
- Teach your children that strange dogs may not like them - not all dogs are friendly like the one you own
- Properly train your dog to be obedient. Consult with your veterinarians or an animal trainer for more information

Other tips that may prevent or stop a dog attack

- Don't run past a dog. Dogs naturally love to chase and catch things.
- Don't give them a reason to become excited or aggressive.
- Never disturb a dog that's caring for puppies, sleeping or eating.
- If a dog approaches to sniff you, stay still. In most cases, the dog will go away when it determines you're not a threat.
- If you're threatened by a dog, remain calm. Don't scream. If you say anything, speak calmly and firmly. Avoid eye contact. Try to stay still until the dog leaves, or back away slowly until the dog is out of sight.
- Don't turn and run.
- If you fall or are knocked to the ground, curl into a ball with your hands over your head and neck. Protect your face.

Be alert. Know your dog. Be alert to signs of illness. Also, watch for signs your dog is uncomfortable or feeling aggressive. For more information contact the CHD at 513.352.2922.



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